

DHSS Worksite Wellness Presents

Wellness Watch—Physical Dimension

Explaining Popular Diets

Featuring:

Rachel Hughes RDN, LD

Clinical Dietitian at St. Mary's Hospital

Rachel, a Registered Dietician Nutritionist, will discuss some of the most popular diets; including their advantages and disadvantages. Participants will learn how to choose a healthy diet for their lifestyle.

Tuesday, January 4, 2022

12-1pm virtual presentation

Webex link available on the Worksite Wellness Intranet page

Recording will be available afterwards.

DHSS Policy 14.3 allows employees to participate in this program

